

# Beans, Pinto

This unprocessed commodity is used as a protein source in all categories of programs. Local tastes and preferences differ. U.S. dry beans come in many varieties with different size, color and taste characteristics. When ordering, please specify Pinto Bean and any alternates that are culturally acceptable.

## 1. NUTRITIONAL VALUES (per 100 g)

These are average values, taken from the U.S. Department of Agriculture, Agricultural Research Service (USDA:ARS) 1998 USDA Nutrient Database, Release 12, Laboratory Home Page, (<http://www.nal.usda.gov/fnic/foodcomp>). These nutrient values are provided as a guide for use in the calculation of food aid rations; users should realize food aid shipments may vary from these exact nutrient values.

## 2. COMPONENTS

100% Pinto Beans

## 3. SPECIFICATIONS

Pinto Beans shall be grade U.S. No. 2 or better. Beans may include up to 5 percent total defects due to surface dirt which is readily removed during processing, and shall meet the specifications for the class(es) of beans listed in the "U.S. Standards for Beans."

(Source: USDA:FSA:PDD:EOB December, 1997.

Contact 202-690-3565)

<http://www.fas.usda.gov/excredits/pl480/commodities/peabeans.htm>

## 4. PACKAGING

50 kg (110.23 lb.) woven polypropylene bags. This fabric contains an inhibitor to resist ultra-violet absorption along with an anti-skid coating.

## 5. SHELF LIFE

At least one year. Dry beans will keep indefinitely if stored in a dry place. Cooking time will increase as beans age beyond one year. See "Section III: Storage/Shelf Life Specifications" for more information.

Nutrient	Amount	Unit
Water	10.95	g
Energy	340.0	Kcal
Protein	20.88	g
Total Lipid	1.13	g
Carbohydrate	63.41	g
Fiber, total dietary	24.4	g
Ash	3.63	g
Calcium	121.0	mg
Iron	5.88	mg
Magnesium	159.0	mg
Phosphorus	418.0	mg
Potassium	1328.0	mg
Sodium	10.0	mg
Zinc	2.54	mg
Copper	0.774	mg
Manganese	1.13	mg
Selenium	18.5	mcg
Vitamin C	7.3	mg
Thiamin	0.555	mg
Riboflavin	0.238	mg
Niacin	1.446	mg
Pantothenic acid	0.763	mg
Vitamin B-6	0.443	mg
Folate	506.3	mcg
Vitamin B-12	0.0	mcg
Vitamin A	5.0	IU
Vitamin E	0.21	mg-ATE
Vitamin D	n/a	IU
Iodine	n/a	mcg